



Volume I
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June 2004

GROUP 224 NEWSLETTER

Official Newsletter of Group 224 – NJ075

United States Air Force Auxiliary - Civil Air Patrol

Commander: Lt. Col. Joseph A. Milano

Newsletter Editor: Capt. C. Ulmer - 732-922-2927

“Setting The Standard”

Upcoming CAP Events

14-18 June: Inspector General College
(see national website for details)

11-17 July: NE Region Staff College (at
McGuire)

24 Jul – 1 Aug: Cadet Encampment

30 July – 8 Aug: Falcon Flight Encampment

Wing Encampment Training

Mandatory training for 2004 Encampment Staff
(Senior and Cadet) will be held on 26 June 2004.
For additional information contact Major Travis
Pope (travis.pope@njwg.cap.gov)

SLS Graduates

Five members of Group 224 recently completed
Squadron Leadership School (SLS), held at
Group 223 headquarters in Plainfield on 14 and
21 March 2004.

Graduates from our Group were: Captain
Stephen Smith, Captain Bruce Stewart, Capt.
Carl Ulmer Captain Ronald Wiley, and 2Lt.
Daniel Robinson.

Senior members must attend SLS to complete
Level II (Technical training). The course
involved two full days of instruction in the
operation and functions of a CAP squadron,
including such topics as communications,
emergency services, customs and courtesies,
aerospace education and the cadet program.

New Jersey Wing Commander Colonel C. J.
Flynn presented the 28 graduates with
certificates of completion. Instructors for the
course included Col. Flynn, Lt. Col. Stanley
Troyano and Lt. Col. Thomas Bubb.

SLS will next be held later this year at Group
224 Headquarters. Details will be announced at
a later date.

Safety Pledge:

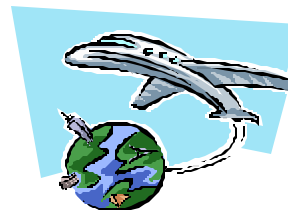
**I pledge to do my part to foster a safe environment
during all CAP activities, to be a responsible steward
of CAP resources and to fully prepare myself for the
challenging missions that serve America.**

Level I Training Held

17 new senior members from around the state
completed Level I training at Group 224
headquarters in Freehold on 23 May 2004. The
program satisfies the requirements for
completion of Level I, the first step in Senior
Member advancement.

Level I training must be completed before Senior
Members can become eligible for promotion,
wear the Air Force-style uniform, work with
Cadets, or be assigned duty positions in their
unit.

Instructing the course were Maj. Esagui and
Capt. Ulmer of Group 224. Lt. Col. Hawthorn
and Maj. Perrine of Wing Staff also attended,
and presented information to the students.



New Members Join Group

Group 224 has welcomed several new members into its ranks in recent months, and they are now filling critical positions.

Captain Ronald “Ron” Wiley is our Group Glider Scheduling Officer, and also serves as an Aerospace Education officer, Operations officer and Safety and Security officer.

Ron is married, with three children and two grandchildren, and lives in Freehold. He holds the following pilot ratings: Commercial Pilot Airplane single and multi-engine land, Certified Flight Instructor, and Ground Instructor Basic Aeronautics. Ron is studying for his Advanced Ground Instructor and Instrument Instructor ratings.

Captain Stephen Smith is now Group Personnel Officer, Administrative Officer, and Leadership Officer. Stephen graduated from Seton Hall University, where he served in Army ROTC.

He served three years in the U.S. Army’s 101st Airborne Division as a Medical Service Corps Officer and a Medical Platoon Leader – his battalion was part of the 18th Airborne Corps Rapid Deployment Force. Stephen also served several years in the Army Reserve’s 322 General Hospital at Picatinny Arsenal. Stephen is married, has two sons, lives in Farmingdale, and is an Estimator for a Design/Build Architectural Firm.

Captain Carl “Rick” Ulmer is our Legal Officer, Health Services Officer, Plans and Programs Officer, and also serves as an Administrative Officer and Communications officer. He graduated from Seton Hall Law School, and is an Attorney, Registered Nurse and Extra Class amateur radio operator. He served six years in the U.S. Navy as a Cryptologic Technician, including a year assigned to the U.S. Air Force’s 6993rd Security Squadron, and eight years in the Army Reserve as a Medic and NBC warfare NCO. Rick is married with three sons, and resides in Neptune.

SM George Guyer has been appointed Moral Leadership Officer / Chaplain (in training). He is in the process of obtaining an endorsement from

his religious denomination, and training as a USAF-CAP Chaplain.

Core Values

- *Integrity**
- *Volunteer Service**
- *Excellence**
- *Respect**

Your Help needed!

You are reading the first edition of the new Group 224 Newsletter. Hopefully it will provide useful and interesting information on a monthly basis: news of recent activities, upcoming events, and various CAP-related articles and features.

To accomplish this mission, we need **YOUR** help! Everyone in Group 224 has a job (or two or three...), and you are the expert in your field(s).

Submissions can be short articles, or informative material such as tips, quotes or anecdotes. All should be in some way related to CAP, USAF, or aviation.

Short subjects such as tips or quotes could be submitted several at a time – one per month can then be included in upcoming newsletters.

We also welcome (and need!) everyone’s comments and suggestions.

Submission Deadlines:

We hope to print the newsletter by the 20th of the preceding month. Articles for inclusion in that issue should be submitted at least 10 days in advance. **Example:** Submit articles for the **August** issue by **10 July**; newsletter will be distributed by **20 July**.

Preferred method of submitting items is by email (njdoh@verizon.net), but you can also contact the newsletter editor at Group meetings.

Remember **TEAMWORK** is one of our Group Objectives for 2004 – with your help, we can make our newsletter a success!

Corporate Learning Course (CLC) in October

Senior Members who have completed SLS, and have at least a Technician rating in any specialty track, can apply to attend the CLC to be held on 23 & 24 October (Saturday and Sunday). The course will be held at McGuire AFB, and will require a \$25 fee. CAPF 17's are due 5 Oct. See NJ Wing website for details.



Group Staff Positions filled

Official duty assignments were recently made by Lt. Col. Milano. Following is the updated list of Group Staff:

Commanding Officer Lt. Col. Joseph Milano
Deputy Commander Maj. Reyes Quinones
Chief of Staff Maj. Mark Hoffman

Administrative Officer - Capt. Stephen Smith
Aerospace Education Officer –
Lt. Col. Gregory Wiedenfeld
Capt. Ron Wiley

Cadet Programs Officer - Capt. Bruce Stewart
Chaplain – Lt. Col. Daniel Miles

Communications Officer - Capt. Bruce Stewart
Capt. Carl Ulmer
1Lt. Wyatt Earp

DDR Officer – 1Lt. Wyatt Earp
Emergency Services Officer – Maj. Steven Tracy
Finance Officer – Capt. Robert Green
Glider Scheduling Officer – Capt. Ron Wiley
Historian – Lt. Col. Gregory Wiedenfeld
Homeland Security Officer – 1Lt. Barry May
Information Systems - 1Lt. Barry May
Inspector General - Maj. Reyes Quinones
2Lt. Daniel Robinson

Leadership Officer - Capt. Stephen Smith
Legal Officer – Capt. Carl Ulmer
Logistics Officer – Maj. Albert Esagui
Medical / Health Services Officer –
Capt. Carl Ulmer

MIMS Officer - Maj. Steven Tracy
Moral Leadership – SM George Guyer
Operations Officer – 1Lt. Tom Woods
Maj. Bill Butler
Capt. Ron Wiley

Personnel Officer – Capt. Stephen Smith
Plans & Programs Officer – Capt. Carl Ulmer
Professional Development Officer –

Maj. Reyes Quinones
Public Affairs Officer – 1Lt. Barry May
Recruiting Officer – 1Lt. Barry May
Safety and Security Officer - Maj. Albert Esagui
Capt. Ron Wiley

Search and Rescue – 2Lt. Helen Clemente
Testing Officer – Maj. Mark Hoffman
SM Nancy Mercadante

Training Director - Maj. Albert Esagui
Transportation Officer – 2Lt. Daniel Robinson

Don't forget to visit CAP websites to keep up with changes and upcoming events!

Group 224: <http://group224.njwg.cap.gov/>

New Jersey Wing: <http://www.njwg.cap.gov/>

National HQ: <http://www.cap.gov/>

Northeast Region Staff College to be held at McGuire in July

The 2004 Northeast Region Staff College (NERSC), a seven-day in-residence course, will be held at the NCO Academy at McGuire AFB 11-17 July 2004.

The course is designed to prepare CAP senior members for positions of leadership at squadron level and to help prepare them to be staff officers at group, wing and region levels.

NERSC is a requirement for completing Level IV of the Senior Member Professional Development Program and a requirement for promotion to Lieutenant Colonel.

To be eligible to attend NERSC, you must be an active CAP senior member who has completed Level III in the Senior Member Professional Development Program.

For more details, see the N.J. Wing Website (<http://www.njwg.cap.gov/>).

Public Affairs Corner

By Barry May, 1Lt, Group 224 PAO

On 25 March, Group 224 held a Wing wide Public Affairs Workshop that went beyond PAO basics. Public Affairs is an extremely important function of the Civil Air Patrol. Without a successful Public Affairs effort, new membership suffers, outside Aerospace Education does not flourish and pride in our organization's accomplishments goes unrecognized.

The workshop was well attended by senior and cadet members. My thanks to the Pineland, Ocean, McGuire, Freehold and Twin Pine squadrons for sending attendees to the Workshop.

The workshop was a great success with the following subjects covered:

- Mission Information Officers.
- Speakers Bureau.
- Recruiting

The Speakers Bureau is the subject I am going to expand upon in this month's column.

Speakers Bureau

The purpose of the Speakers Bureau is to provide Public Affairs Officers and other squadron members with a list of qualified speakers in subjects such as Aerospace Education, Emergency Services, Cadet Programs, Homeland Security, Counter Drug Operations, and Aircraft Operations etc. To qualify for the Speakers Bureau, a member must be knowledgeable in the subject, a current member of CAP, experienced at public speaking and have a planned presentation. Submission procedure is at the end of this article.

The Speakers Bureau is an important resource for the Public Affairs Officer. Requests for speakers by other groups such as schools, Lions Clubs, Rotarian Clubs, and Scouts are often on short notice. With a list of qualified speakers, a PAO can provide an outside organization with a speaker in a timely manner.

Print, radio and TV media may have need for an expert on CAP activities. These requests are of an immediate nature and are impossible to fill if we do not have a list of speakers ready. Once news media know we are responsive to a request for an expert speaker, we can build a relationship that is mutually beneficial.

CAP units that need an instructor or a speaker on a specific subject can utilize the Speakers Bureau to create an informative presentation for Cadet training and special presentation meetings.

Public Affairs is an important part of the Civil Air Patrol. We are responsible for letting the public know about the US Air Force Auxiliary, CAP. It is said that CAP is the best kept secret. It's time we changed the public's perception and get the recognition we deserve.

Submission Instructions.

Lt. Abegg can be contacted for an application or it can be downloaded from the Wing web site. In addition, we will need a digital picture for the file. Mail, email or fax information to Lt. Abegg.

Lt. Katja S. Abegg
35 Windham Drive
Eastampton NJ 08060
(H) 609-265-0081
(F) 609-265-8373
(C) 609-605-6525
Email: ksabegg@aol.com

FIRST AID TIPS

C. Ulmer, Captain, Group 224 Health Services Officer

Now that summer is here, we may encounter heat emergencies, particularly when in the field for training, missions, or other outdoor events. Two common heat emergencies are heat exhaustion and heat stroke.

Heat exhaustion is what some of us may have experienced after working in the heat and sun for a prolonged period.

Heat stroke is far more severe, and results when the body's cooling mechanism fails. Death may result if untreated.

Heat stroke is a medical emergency, and medical aid must be obtained immediately. We should all know the difference in the signs and symptoms of these conditions, and the first aid that can be administered by bystanders and first responders. Signs & symptoms may vary, but can include the following:

Heat Exhaustion

Signs & Symptoms :

- **skin: cool, moist**, pale, or flushed
- **heavy sweating**
- **body temperature near normal**
- headache
- nausea or vomiting;
- dizziness, weakness
- tiredness, exhaustion

Treatment:

- Get victim out of the heat and into a cooler place.
- Remove or loosen tight clothing; apply cool, wet cloths (such as towels or sheets).
- If victim is conscious, give cool water to drink slowly (half glass of cool water every 15 minutes - no alcohol or caffeine).
- Let victim rest; watch for changes in condition. Call 9-1-1- if condition does not improve.

Heat stroke

Signs & Symptoms:

- **skin: hot, red (usually dry)**
- **body temperature very high.**
- changes in consciousness
- rapid pulse
- confusion
- headache
- nausea
- dizziness
- unconsciousness

Treatment:

Life-threatening situation! Call 9-1-1 !

Move the victim to a cooler place, and quickly **cool the body any way possible**

Immerse victim in a cool bath, or wrap wet sheets around the body and fan it.

Watch for signs of breathing problems.

Keep victim lying down. If victim refuses water or is vomiting or there are changes in level of consciousness, give nothing to eat or drink.

As with any medical problem, immediately notify a Health Services Officer if one is available - if not, and you're not sure what to do, call 9-1-1. Better safe than sorry!

